



## Case Study:

# Learner C's Memory Café Course

Tutor: Kay Hill

Learner C joined the Memory Café course with two key goals: to better support their wife, who is living with dementia, and to connect more with their local community.

During the course, Learner C gained valuable insights by meeting dementia nurses from King's Mill Our Centre and discovering open-door facilities in the area—resources they hadn't been aware of before. The tutor, Kay, provided personalized advice and guidance, including information about incontinence care service claims, drawing from her own experiences. This support was incredibly helpful in navigating the challenges of caregiving.

The course offered Learner C not only practical knowledge to apply in daily life but also emotional reassurance during what can often feel like an isolating journey. Learner C shared that the course created a safe space to ask questions, share experiences, and gain a sense of solidarity with others facing similar challenges.

After completing the course, Learner C felt more confident in seeking help, sharing information with family, and advocating for support when needed. They found the experience empowering and expressed gratitude for the community connections it fostered.

Learner C highly recommends ATTFE College to friends and family, emphasizing that courses like the Memory Café remind participants they are not alone and serve as a valuable link to the local community.

